

Supervisor Romaine Announces Annual Division of Women's Services Conference and Expo: "Women Empowering Women – Inspire, Educate & Motivate" on Saturday, October 14

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Sponsorship and vendor opportunities available for day-long conference

Farmingville, NY – Brookhaven Town Supervisor Ed Romaine has announced the Division of Women's Services tenth annual Conference and Expo will take place on Saturday, October 14 from 8:30 am to 3:00 pm. This year's conference, entitled "Women Empowering Women – Inspire, Educate and Motivate," will feature guest speakers, vendor booths and workshops that promote wellness and personal growth in the lives of women in the community.

"The Women's Conference and Expo has been a well-attended event in the past and is growing year-by-year," said Supervisor Ed Romaine. "Our Division of Women's Services and its volunteers are truly committed to improving the quality of life for women throughout the community and I applaud them for taking the lead by organizing this worthwhile event."

Councilman Michael Loguercio, Town Board Liaison to the Division of Women's Services said, "This event is another example of the Town's firm commitment to the wellness and needs of women in our community. It's great that we can offer participants the opportunity to learn and grow in a comfortable, networking environment. Thanks to the staff of our Division of Women's Services for all they do to help women throughout the Town."

The Division of Women's Services is looking for sponsors and vendors interested in promoting their business by participating in this event. They are seeking a diverse group to showcase local organizations in their efforts to promote wellness and personal growth. Vendors may sell and promote items and services. Sponsors, vendors and attendees can visit our Web page to register and make an online fee payment. The registration fee includes breakfast and lunch. Registration deadline is October 10th. Conference guests will be able to attend all the workshops listed below. Advance registration is required.

The Keynote Speaker will be Debi Silber, author of newly published #1 Amazon Bestseller; "The Unshakeable Woman." She will discuss "Four Steps to Rebuilding your Body, Mind and Life after a Life Crisis: How you can use a life crisis as an opportunity to rebuild your body, mind and life and create something even better than before, the unshakeable woman will show you how."

The workshops include:

Healthy Living by Design - Seven Steps to Optimizing Your Health For over thirty years, Dr. Nane Cheung and Cherie Christmas have dedicated their lives towards helping and inspiring women to feel good, look good and find joy in their lives. By incorporating mind, body and spirit rituals into your life, you will find the path to Optimum Health and Happiness.

Quick and Easy Thirty Minute Meals Do you need easy go-to solutions for meal ideas? Join us for a creative and resourceful cooking demonstration, complete with two healthy meals in less than 30 minutes! We will also be learning additional practical everyday tips for wholesome and nutritious living. For over twenty-five years, Chef Geraldine Pollock has expressed her creativity while preparing delicious dishes and still manages to keep it simple while mastering her culinary skills. For more information about the Women's Conference and Expo, please visit their Web page, e-mail womenservices@brookhavenny.gov or call the Division of Women's Services at 631-451-6146.

Division of Public Information * Office of the Supervisor
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